

## FRESH MILK

### Allowed

Fresh whole, 2%, 1%, or fat free (nonfat) milk, must buy the type listed on the check.

## SOY MILK

### Allowed

Brands and forms listed below are authorized only if soy beverage is listed on checks.

**Pacific Natural Foods Ultra Soy;** Plain or vanilla flavored. Quart size only; Shelf-stable (UHT)

**8th Continent;** Plain or vanilla flavored. Quart or Half-Gallon sizes only; Shelf-stable (UHT) or refrigerated



## REFRIED BEANS

### Allowed

16 oz. Only.

Only brands and forms listed below are authorized.

Bearitos, fat free

Casa Fiesta, No Fat

Goya, fat free

Ortega, fat free

Bush's, fat free

Fred Meyer, fat free

La Preferida, fat free



## WHOLE GRAINS

### Also Allowed:



24 oz. Country  
Oven 100%  
Whole White  
Wheat Bread



18 oz. Country  
Oven 100%  
Whole Wheat  
Dinner Rolls



16 oz. Kroger/Fred Meyer  
100% Whole Wheat Tortilla

## JUICE

### Allowed

**16 oz frozen concentrates**

Brands and flavor varieties authorized for 11.5-12 oz containers are also authorized for 16 oz.

**46-48 oz shelf stable or refrigerated**

Brands and flavor varieties authorized for 64 oz containers are also authorized for 46-48 oz.

Kroger/Fred Meyer apple juice also approved for 46-48 oz and 64 oz containers.